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WARTBURG TRUMPET

January 22, 2019 | For more news, go to www.wartburgtrumpet.com | Volume 113, Number 10

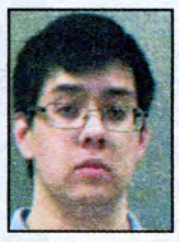
Former student charged with sex abuse, burglary

Malone arrested in November 2018 for February 2018 dorm incidents

KENDALL ERENBERGER
NEWS EDITOR
kendall.erenberger@wartburg.edu

A former Wartburg student, Bryan Patricio Malone, 22, has been charged with third degree sex abuse, two counts of assault with intent to commit sexual abuse, first degree burglary, two counts of second degree burglary, third degree burglary and fourth degree theft.

According to Wartburg's Community Response Team report, the incidents allegedly involving Malone were reported between 7:20 a.m. and 12:45 p.m. on Feb. 4, 2018, along with another incident reported on Feb. 5, 2018. On Feb. 4, 2018, Malone allegedly used his Wartburg ID to enter Grossman Hall. Campus security reported that he is accused of entering three female student's dorm rooms and groped the students while they slept. He is also accused of entering a fourth female student's room, who was not home, and stealing $300 in cash and left a semen stain on the comforter, according to the report from security.



Bryan Malone

Law enforcement states that the three female victims identified Malone from photographs and he was also photographed sleeping in the commons area of Grossman Hall on Feb. 4, 2018, by other Wartburg students. Authorities also state Malone's DNA matched the stain on the comforter, according to KIMT.com.

A warrant was issued for Malone's arrest on Nov. 13, 2018. Malone made his first appearance in Bremer County District Court on Jan. 18 and was ordered to be held on a $100,000 bond.

Incidents, p.03

Partial shutdown affects databases used by FAFSA

KENDALL ERENBERGER
NEWS EDITOR
kendall.erenberger@wartburg.edu

The partial federal government shutdown is now in its thirty-first day, a historical first for the longest shutdown. The area that is affecting students is the databases in which the Free Application for Federal Student Aid (FASFA) is checked. An example of one of the databases is Selective Service, according to Wartburg College Director of Financial Aid Jennifer Sassman.

"Students fill out the Free Application for Federal Student Aid, it goes to the federal processor, and at the federal processor, it checks that what the student indicated against the other databases that are government databases," Sassman said.

Sassman also said that students who are required to register for Selective Service must do so in order to receive federal aid, a process that is being affected by the current shutdown.

Financial aid p.04

Den receives face-lift over holiday break

The Den received a face-life over break as part of dining area updates. The area now features new furniture, fresh paint and some student artwork. The updates were made possible thanks to generous donors. **Den updates, p.03**.

W-SR claims first girl's state wrestling title

ANNIKA WALL
SPORTS EDITOR
annika.wall@wartburg.edu

On Saturday, Jan. 19, Waverly-Shell Rock High School hosted and won the first ever Iowa High School Girls' State Wrestling Tournament with 144 points. Similar to a collegiate meet, there were 10 weight classes, as opposed to the typical 14 in high school.

"There's a lot of life lessons," Miller, Wartburg Emeritus head wrestling coach, said. "Whether you're great or not great at wrestling, everybody learns failure. You have to literally pick yourself up off the ground when you get knocked down over and over. It's a commitment, and all the things that make you good at wrestling are life things. I'm glad that everybody gets to do it now."

For the Go-Hawks, eight grapplers placed, including state champions Annika Behrends and Avery Meier, who wrestled at 132 and 138 pounds respectively. W-SR also boasted three runner-up finishes from Jacey Meier at 120 pounds, Hedda Kveum at 152 pounds and Hanna Johnson at 195 pounds.

Prior to this event, girls were allowed to qualify and compete in the boys' state wrestling tournament. Even so, only two girls, Cedar Falls' Cassy Herkelman and Eddyville-Blakesburg-Fremont's Megan Black, have qualified for the tournament, and controversy has followed.

Girl's wrestling p.10

ARTS & ENTERTAINMENT

Angeline Neo Feature

Student artist Angeline Neo's work on display in Den.

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LETTER FROM THE EDITOR

A fresh start

MEGAN STEPHENSON
EDITOR-IN-CHIEF
megan.stephenson@wartburg.edu

Thank you for picking up this week's issue of the Trumpet!

The Trumpet team is excited to kick off the new semester and new year, and we hope our readers are, too.

With a little bit of snow on the ground and a chilly start to January, Winter has officially landed.

It can be difficult to stay motivated in the Winter months, but I hope our content gives everyone some inspiration and excitement to get out and participate in the various activities happening on campus.

With a fresh start and a new year, the Trumpet team has been doing a lot of reflecting on our accomplishments, progression and even some of our mistakes.

At the end of the day, we cannot thank our readers enough for supporting us and giving us necessary feedback to continue to grow as students and as a newspaper.

I am looking forward to seeing everything that Trumpet will accomplish in the New Year, and I hope our readership continues to grow with us.

We are all looking forward to providing Wartburg's campus and community with exciting content this term. As always, I hope you enjoy this issue and all of those to come.

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THE NEWSROOM

GET INVOLVED

We want your feedback! Send us your comments, questions or concerns to trumpet@wartburg.edu with "Letter to the Editor" in the subject line.

The Wartburg Trumpet is published most Mondays during the academic year.

STORY MEETINGS

The Wartburg Trumpet story meetings are every Thursday at 11:30 a.m. in McElroy 133. To submit a story idea, email trumpet@wartburg.edu by Saturday at 5:00 p.m. To sign up for a story, attend the Thursday meetings or contact Megan Stephenson at megan.stephenson@wartburg.edu.

NEW WRITERS WANTED

The Wartburg Trumpet is looking for passionate writers to be a part of their team. Contact Megan Stephenson at megan.stephenson@wartburg.edu.

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FACEBOOK
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TWITTER
@wartburgtrumpet

TRUMPET

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STAFF MEMBERS

Megan Stephenson
Editor-in-Chief
megan.stephenson@wartburg.edu

Kendall Erenberger
News Editor
kendall.erenberger@wartburg.edu

Krystal Johnson
Knightlife and Op-Ed Editor
krystal.johnson@wartburg.edu

Annika Wall
Sports Editor
annika.wall@wartburg.edu

Silvia Oakland
Arts & Entertainment Editor
silvia.oakland@wartburg.edu

Anthony QuesadaSánchez
Graphic Artist
a.quesadasanchez@wartburg.edu

Lexi Bodzioch
News Writer and Photo Editor
alexis.bodzioch@wartburg.edu

Gale Trimble
Features and Knightlife Writer
gale.trimble@wartburg.edu

Ryan Reebenacker
Sports Writer
ryan.reebenacker@wartburg.edu

Bendita DosSantosCarmo
Social Media and Online Manager
b.dossantoscarmo@wartburg.edu

Jessica Martin
Faculty Advisor
jessica.martin@wartburg.edu

Opinions expressed in the Trumpet are those of the editorial board and are not necessarily representative of the opinions of the administration, faculty or staff at Wartburg College.

Letters to the editor are subject to editing without changing the meaning of the letter. Authors will not be notified of changes prior to publishing. Letters must be signed, fewer than 500 words, submitted by 9 p.m. Thursday and related to current issues in the Wartburg community. Letters may be sent to the journalism and communication office or emailed to megan.stephenson@wartburg.edu. Please type "Letter to the Editor" as the subject line. Publication is at the discretion of the editor.

Dining area receives updates

MEGAN STEPHENSON
EDITOR-IN-CHIEF
megan.stephenson@wartburg.edu

The Den-Rittersaal received a makeover, including paint, new seating and student artwork over the holiday break. **-Megan Stephenson**/*TRUMPET*

The Den-Rittersaal (Den), an on-campus dining and market area, received a makeover thanks to donors Mike and Marge McCoy. Boasting a fresh paint job, new seating and student artwork, the Den will continue to serve as a space for the Wartburg community to gather.

"I think there is a certain amount of pride that we got to get a facelift," Ann Wrede, Den supervisor, said. "It almost feels like a whole new Den."

Marty Johnson, director of dining services, said plans to update the dining service areas such as the Mensa and Den began nearly two years ago, with the first phase as new seating in the primary Dining Hall. Phase two was the Den.

"We talked about different options for the Den and narrowed it down to what you see now, which includes new booths and all new chairs," Johnson said.

The paint job was not part of the initial planning, but Johnson said after campus painter Patty Franzen was contacted to do touch-ups, they felt that the newly-installed furniture did not go with the old wall colors.

"The next thing I knew, Patty was looking at color swatches, and the marketing department was involved with finding colors that would look nice," Johnson said.

With updates being finalized over Thanksgiving and Christmas breaks, students were able to come back into the winter term with the space finished, something Johnson was not sure would be able to get done until summer.

"On one hand it's just routine maintenances," Johnson said. "On the other hand the Den has a lot of traffic from students and the community in general, and we want people who visit, live and work here to be proud of their surroundings."

While there are no specific plans for further dining area updates, Johnson said there will eventually come a time to look at what other changes can be made.

For more information on the Den or dining services, contact Johnson at Marty.Johnson@Wartburg.edu or go to wartburg.edu/dining.

Incidents lead to security updates on campus

◂ Continued from p. 1

"We participated and cooperated in that aspect of the investigation which is one of the reasons why he was on the campus for a few more hours than he would have been otherwise, had it not been a police matter," Kittle said. "The police did their interview, which we participated in together with our director of campus security and safety."

Kittle said as soon as the interview concluded, the college served the student in question with a notice of interim ban and suspension from Wartburg, and security waited until Malone packed his bags and then he was escorted off campus on Feb. 6, 2018. An email was sent out to all students, faculty, staff and parents explaining the incident at that time.

Wartburg has responded to the incident by taking further security measures throughout campus. The residence halls received 52 new locks on shared bathrooms and showers, which are activated by a student's I.D. New Security cameras were also installed throughout the Grossmann and Löhe entrances, as well as in the Vogel Library lobby, Wartburg Store and the Mensa entrance.

For more information on the incidents, go to Community Response Team page on info.wartburg.edu.

ETK Coming Events

Jan. 24 | Free Daps, Freestyle Rap Group

Feb. 12 | Valentine's Bingo

Feb. 21 | Pinterest Knight

March 14 | Six Appeal, A Capella Group

April 2 | Icarus Account, Acoustic Group

May 2 | Tie Dye Knight

-Anthony Quesada Sánchez/*TRUMPET*

Financial aid office using workaround during partial shutdown

◂ Continued from p. 1

The financial aid office cannot issue financial aid if students have not registered for Selective Service. Selective Service is required for virtually all male U.S. citizens, regardless of hometown, and of male immigrants, whether documented or undocumented, residing in the United States, who are 18 through 25, according to sss.org.

"That check wasn't happening because the part of government that does Selective Service is shut down," Sassman said. "So, every FASFA we were getting back that a student should have registered for Selective Service was coming up as an error. Then we can go into the Selective Service database and check it ourselves."

Sassman said this was not a concern, because the population of students affected is small, and there is a workaround for the Financial Aid office. Sassman said that the government randomly selects a third of the students who file a FASFA for a verification with tax transcripts, which may be affects by the shutdown.

"When a student is selected for verification then they have to provide certain documents to us so that we can make sure their FASFA is correct," Sassman said. "One of the documents is the tax transcripts. The IRS shut down how students can request that but only for a time period."

The website to request a tax transcript was down Dec. 31-Jan. 14, but is currently running. If a student tried to make a request during that time, those students must request the transcript again.

Students should not see any changes to federal grants, student loans, or federal work-study programs during the shutdown. Also, the shutdown does not affect the Department of Education, where federal student aid is administered, according to Sassman.

If students have any questions about the partial shutdown in relation to financial aid or FASFA, visit the Financial Aid office located in Luther Hall.

Deadline nears for Orange Connection

KENDALL ERENBERGER
NEWS EDITOR
kendall.erenberger@wartburg.edu

The sign up for a career mentoring experience, the Des Moines Orange Connection, ends Jan. 23. The event takes place March 2-4.

"Orange Connection is a job shadow program that Wartburg has," Veronica Reece, associate for vocation, mentoring and careers, said. "We travel to a larger city, then students have the opportunity to get to know the city,get to know alums and then they get to job shadow a potential career."

The program is designed to allow students to connect with and shadow Wartburg Alumni.

"The program aims to give students an idea if the career that they really are interested in going into is the right career for them," Reece said. "I do exploring advising. So, students who don't know what they want to do, it's also really cool."

Students will have the chance to tour Des Moines, Reece said. Then on Sunday they spend the day together as a group and that night they stay at an alum's house.

Second-year Haley Meyer, a past participant in Orange Connection, was an undecided major when she signed up for the program.

"It was a great opportunity because someone set it all up for you," Meyer said. "You do minimal work finding everything. You tell them what you're interest in and then they set it up for you."

Meyer met with four different Human Resource professionals at DuPont.

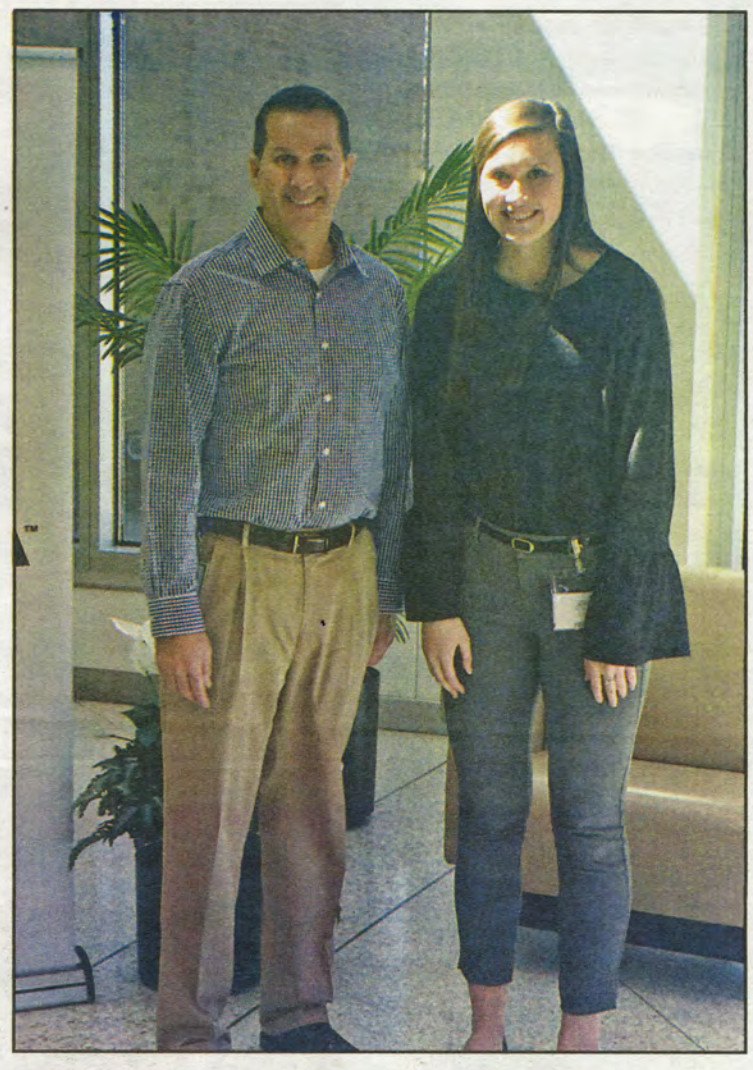
"I got a feel for what my day-today would be like if I chose that path," Meyer said. "I was highly considering HR, and now I know that I don't want to go on that path. It solidified my degree."

Meyer said that students should not be uncomfortable to stay at an alum's house.

"That was the only turnoff that I had when I was signing up," Meyer said. "I was all for the job shadow experience, but that was the part that I didn't want to do, and then I ended up loving it and it being one of my favorite parts."

The application Des Moines Orange Connection can be found at info.wartburg.edu/Pathways/Orange-Connection. The program fee is $50, which cover travel, lodging, most meals and a ticket to a performance.

For more information about the program, contact Reece at veronica.reece@wartburg.edu or in Pathways, located on the third floor of Vogel Library.



Haley Meyer shadowing Wartburg alumnus Brian Bowman '91 during her experience at Des Moines Orange Connection. **-Submitted Photo.**

President Colson discusses future of Wartburg

ALEXIS BODZIOCH
NEWS WRITER
alexis.bodzioch@wartburg.edu

On Tuesday, Jan. 15, Wartburg President Darrel D. Colson addressed faculty and staff for the annual state of the college report. Colson discussed the financial report and future of the college.

The financial outlook of the college, according to Colson, is positive. Colson also stated that this year's bond rating, Wartburg scored a "BB rating," which is below investment grade, however it raises the college's outlook from "negative" to stable. The bond rating does not affect the financial operations of the college, as Wartburg operates within a balanced budget regardless of the bond rating.

"So long as we can keep that mission in mind and our students front of mind, our college will be fine.

- Darrel D. Colson, Wartburg President

"I am pleased with the slight revision upward in outlook, not so much because of its effect in the bond market, but primarily because it reflects the underlying strength in our college," Colson said.

The second part of the address focused on the future of Wartburg and the progress of the goals from the strategic plan.

Colson stated that the college is "in direct pursuit of our Strategic Plan's first goal—to expand deep and integrative learning in the liberal arts tradition—and the second goal—to strengthen our commitment to vocation."

Upcoming events include the Innovative Idea Search on Jan. 21, the German Symposium on March 18, and the Graven Award ceremony on March 26.

Colson ended the address with, "so long as we can keep that mission in mind and our students front of mind, our college will be fine."

Media should warn of seizure triggers

ANNIKA WALL
SPORTS EDITOR
annika.wall@wartburg.edu

In the current time, it seems like the plot of a movie has been forgotten. Every other movie appears to be either a remake, companion movie, or book to movie adaptation. Other films are making sequels to original releases from the early 2000s, such as the pair of "Monsters University" (2013) and "Monsters Inc." (2001).

With screenwriters having unoriginal plot ideas, other members of the team are required to add in bells and whistles to make sure each movie is a box office hit. According to the-numbers.com, "The Incredibles 2" (2018) earned $1.241 billion on a $200 million budget, placing it 15th all-time worldwide in the box office.

However, there is one thing that the movie missed the mark on. Before a Twitter thread by Vision Impairment and Chronic Illness Blogger Veronica Lewis went viral, there was no warning about the use of excessive strobe lights used throughout the movie. This is a large problem from individuals who suffer from epilepsy, migraines and other chronic illnesses. Disney Pixar should have warned the viewers of the potential dangers lurking on the screen.

The Epilepsy Foundation defines epilepsy as "a spectrum condition with a wide range of seizure types and control varying from person-to-person." Oftentimes, the cause is unknown, but can be triggered by sleep deprivation, stress, low blood sugar, use of certain medications and flashing bright lights, such as the ones used in "The Incredibles 2" and, more recently ",Spider-Man: Into the Spider-Verse."

When I was five years old, I suffered my first seizure. I do not remember much from my week in the hospital, only that I was upset I missed my kindergarten Thanksgiving celebration and that I had to wear my light blue button-up pajamas for a week straight because I found them uncomfortable.

Some things are not easily forgotten.

Throughout the next four years, I went on and off medication, as doctors at the University of Iowa Hospitals thought I would outgrow them. However, while playing Wii Sports Resort the night before my first seventh grade basketball game, I had another. This time, the details were a bit clearer. I remember a pounding headache. A buzz in my ear and tunnel vision.

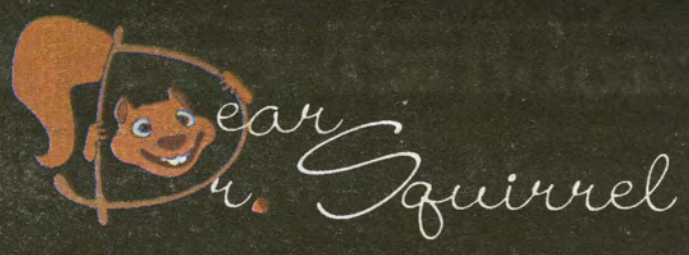
The back of many Wii video games, including Wii Sports Resorts, issues a warning, stating: "If you have epilepsy or have had seizures or other unusual reactions to flashing lights or patterns, consult a doctor before playing video games."

Because of this warning, I now make an active decision to avoid video games as much as I can, oftentimes leaving the room if the game uses strobe lights frequently, even though I have not had a seizure in over seven years or gone back on medication.

While I have never officially been diagnosed with epilepsy, I take my health very seriously, but it is very difficult to do so when companies such as Disney Pixar do not provide trigger warnings.

The lack of warning on Disney Pixar's part is irresponsible and dangerous for individuals who suffer from seizures or have been diagnosed with epilepsy. How can someone feel comfortable in a theater when they don't know if they will be leaving on a stretcher?

Individuals shouldn't have to worry about their health when going to a movie. Before the premier, moviegoers should be aware of possible triggers, not after complaints have been filed and paying viewers put in the hospital.



How do I stick to my New Year's resolutions now that I'm back at Wartburg?

The new year is the perfect excuse to implement new goals. However, it can seem a little harder to maintain those resolutions once back on a college campus.

A good way to accomplish any goal is to start small. Every day will feel like a little victory. According to a CBS News article, charting the progress of the goals will help with accountability. Also, think of specific and manageable goals. Instead of just doing more DIY crafts as a resolution, find specific interesting crafts. From there, set the checkpoints and chart the progress.

If two roommates are holding each other accountable, that will help both stick to resolutions. Create a chart to hang in your dorm room and have a friendly competition to push each other forward and meet goals.

Overall, exercising more is at the top of the resolution list with 38 percent of people planning to be more active, according to an ABC Action News article. However, people seem to have a hard time keeping up with that resolution in particular. According to an Elite Daily article, people always start off being very strict with themselves, which usually leads to burnout within a couple months. In order to stay on track, don't forget to start small, chart progress, narrow down those goals, and have fun with it. New Year's resolutions don't have to be grueling tasks.

While focusing on the goal, don't be discouraged when a slip-up occurs, everyone messes up from time to time. The most important thing to keep in mind when working on New Year's resolutions is to be kind when a checkpoint doesn't go the way that it was planned. Just remember why the goal was set in the first place.

Looking for advice?

Ask Dr. Squirrel

Submit your questions at trumpet@wartburg.edu and Dr. Squirrel will answer them on our new column "Dear Dr. Squirrel"

Social media affects job searches one share at a time

KRYSTAL JOHNSON
KNIGHTLIFE AND OP-ED EDITOR
krystal.johnson@wartburg.edu

In today's society, the Internet is riddled with social media sites where people are able to share basically everything in their lives.

What many people don't keep in mind, however, is that while friends and family may be looking at their newsfeeds, so are employers.

"It can be hard because you're trying to live the life of a college student but you also want to build your professional brand, and your professional self is not going to the bar every night," Katie Kreis, a fourth-year journalism and communication major with a focus in social media, said. "You want to look like what you would at a job interview or to your parents or to your grandparents and that's not always what people portray on social media."

Unlike 20 years ago where employers did not get a sense of the applicant until they met in an interview, today it is as easy as a Google search and looking at a person's Facebook, Twitter, Instagram or other forms of social media.

It is always important to remember that social media can be a tool used in the job searching process just as much as it is used to share life events.

"Some people will use sites like Facebook where they don't regularly post on to post comments or articles about the industry they are going in," Derek Solheim, the director of Pathways Center, said. "You can actually craft a Facebook profile that would highlight you lifting up the industry you want to be a part of."

There are sites like LinkedIn that are catered to helping create a professional profile and find potential jobs.

According to Solheim, it is the strongest job searching platform, it is very easy to use and looks similar to job searching websites.

"As we're [students] starting to build our network, LinkedIn is a really important resource," Kreis said. "We're interacting with people all over the place. Whether it's through your job on campus or your internships you have off campus."

When creating a LinkedIn profile, a person can add professional experiences.

There are places to input past jobs, skills, volunteer experience, education and clubs.

It is important to maintain an updated page and upload a generic resume that can be used to apply to various jobs.

"Your goal is to paint a picture through your LinkedIn profile as to what are your skills, why are you a good candidate, why you would fit in this job," Solheim said. "You should have a professional looking LinkedIn profile and have a nice headshot."

There is also a function that allows users to put in jobs they are searching for, and LinkedIn will recommend positions based on their preferences.

"I recommend creating a Gmail account used only for job search and send job search agents to go to that account," Solheim said. "You don't send anything out through it, it's just a repository that you can quickly scan for internships coming in and jobs."

For more information on career counseling at Warburg, go to https://www.wartburg.edu/career-services.

DIY '90s Inspired Wooden Letters

First, get a set of wooden letters, tape, acrylic paint and a plastic knife.

Then tape the letters at an angle, overlapping at times.

Then put paint on the knife and dab the paint onto the letter to create some texture with the paint.

Before the paint dries, take off the tape. Once dried, display for all to see.

-Krystal Johnson/*Trumpet.*

APP HIGHLIGHT

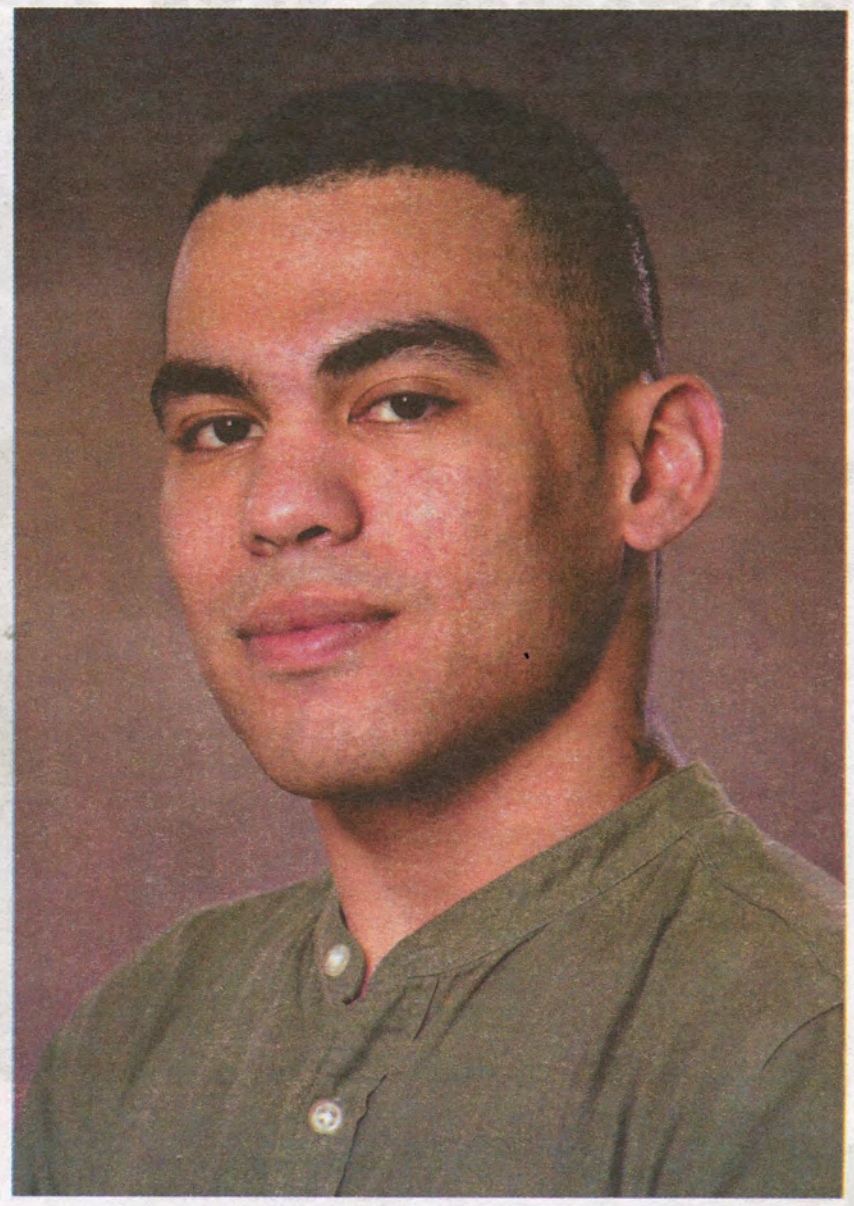
GALE TRIMBLE
FEATURES AND KNIGHTLIFE WRITER
gale.trimble@wartburg.edu

Lose It! is an app that allows users to set a weight loss goal and track progress using calorie and exercise logs. According to Lose It!, members have lost 60 million pounds and counting. There is a paid premium option, but the free version offers everything you need.

There are plenty of cool features, such as being able to scan barcodes or even just taking a picture of your food and the app will count the calories for you. Lose It! is perfect for those New Year's weight loss and exercise goals.

Customer Review: "Post-college I needed to totally revamp my eating lifestyle, and Lose It was the main tool I used to do so. I lost all my goal weight using this app in a straightforward, not too time-intensive way."
-ARBardABR

SPOTLIGHT: Fladi Ribeiro Mendes Mota



Fladi has been creating different art pieces since he was in eighth grade and has continued to use his artistic talent at Wartburg. He is looking forward to learning more about graphic design and using different tools to share his art and use it in his future career. **–Submitted photos.**

KRYSTAL JOHNSON
KNIGHTLIFE AND OP-ED EDITOR
krystal.johnson@wartburg.edu

"For me, seeing other people smile makes me happy," Fladi Ribeiro Mendes Mota, a first year graphic design major, said. "You never know what other people are going through."

Mota, an international student from Dili, East Timor, described himself as a very simple person and said he lives by the motto to always keep smiling. Before coming to Wartburg College Mota studied at the United World College (UWC), in Singapore.

"Fladi walks into a room and brightens the whole entire area," Mary Tyrrell, a Mensa cashier, said. "He works really hard at the Mensa and every time he walks in everybody's attitude seems to perk up. He's a very bubbly, bright and vivacious person."

Mota grew up with a single mother and four siblings. His mother has worked as a seamstress to provide for her family. He credits his mother as instilling his love of life and constant positive attitude.

Getting a scholarship to first go to finishing school at UWC and then Wartburg College gave Mota hope to have the opportunity to eventually give back to his family.

"For winning that scholarship I feel like I make my mom proud," Fladi said. "I feel like by winning this scholarship I am able to help her and in the future I hope to help my mom and my siblings."

Mota has made a lot of adjustments since coming to the Midwest, where the culture and people are very different than what he's used to. "For me it's not hard to make friends," Fladi said. "A simple smile can make that connection."

He also enjoys his time in iClub and Asian Student Association, which he is an executive member. He's met a lot of different people through the clubs and his classes, making it easier to adjust.

The first time Mota saw snow; he and his friend were excited and in awe by the beauty of the white covered campus. "We took pictures and we took videos and I sent them to my family and they were all shocked," Mota said.

Mota is a graphic design major at Wartburg but he originally wanted to be a medical doctor when he was growing up. This changed when he won an art contest in eighth grade. He did realize very early on that if he wanted to make a career out of his art, he would have to get a degree.

"Doing just art won't get you anywhere, so you have to get to another level," Mota said. "This is who I am and this is what I want to do."

Mota has made quite an impression quickly among many of his professors, especially his advisor Barbara Fedeler, professor of art.

"He is a very motivated student," Fedeler said. "He's very industrious, dedicated, quite verbal and just happy."

Do you know somebody at Wartburg who goes above and beyond and is an example for the community?

We are looking for them to be recognized on our STUDENT SPOTLIGHT column

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For more information, contact megan.stephenson@wartburg.edu

Egg Fried Rice

INGREDIENTS:

- White rice
- Veggies
- 1 Egg
- Soy sauce
- Plastic wrap
- Any additional spices

PREPARATION:

1. Cook rice according to the purchased packet. Uncle Ben's Ready Rice is intended for the microwave.
2. Put cooked rice in the fridge or freezer for 10 minutes after cooking.
3. Put rice and a layer of veggies in a microwave safe dish.
4. Cover the dish with plastic wrap and add a few holes to vent. Microwave for one minute.
5. Mix 1 tbs of soy sauce and one egg together and combine with the rice and veggies. Make sure to mix well.
6. Microwave again for one to three minutes (depending on the microwave, it may need more time).
7. Once sufficiently cooked, fluff and enjoy.

Making her mark permanently

Wartburg student work for display

Angeline Neo stands proudly next to her painting (left). The home for Neo's work is now next to where students wait and receive their meal transfers from the Den. The inspiration for Neo's painting is her advisor, Barbara Fedeler, and the office of Fedeler that is a familiar sight to Neo (above). The painting titled "My professor's office" now gives everyone a glimpse to the view from the art department.
-Silvia Oakland / *TRUMPET*

SILVIA OAKALND
A&E EDITOR
silvia.oakland@wartburg.edu

"Since I was younger I knew I was a creative person, but I didn't have the opportunity to learn painting and drawing until I got here," Angeline Neo said. "I feel so happy that Wartburg gave me this opportunity to expand my career."

Neo was one of the art students who had the opportunity to feature her painting in the newly renovated Den. Toward the end of December, the Den began to receive a new coat of paint, different furniture and student artwork. One of those pieces was a painting completed by Neo in the Winter semester of the 2017-18 academic year, titled "My professor's office."

"It took me two to three weeks to complete the painting," Neo said. "While I was working on it, Barbara gave me a lot of good feedback on it, and so there are some changes and some added strokes throughout the process."

Barbara Fedeler, a professor of art, has been a mentor to Neo during her time at Wartburg.. Fedeler has been working with Neo, who was originally not an art major, since 2016. According to Fedeler, Neo found her way into art classes and soon discovered a love and passion for creating art.

"Angeline has a discipline as well as a depth of understanding that is well beyond her years," Fedeler said. "If she doesn't understand something she reaches out to figure out ways to make it work."

The painting Neo created was of Fedeler's office, looking out into a garden filled with squirrels, birds and small trees. Fedeler said the painting was at first a sketch by Neo and then was proposed to Fedeler to be used for inspiration for the final painting.

"I feel that I achieved something," Neo said. "When I came here I had the mindset that I wanted to contribute something to this college before I leave and I was able to do that."

"My professor's office" features bold brushstrokes, similar to paintings like "Starry Night" by Vincent Van Gogh. Van Gogh is one of Neo's favorite artists.

This isn't the first time Neo's work has been featured at an art gallery. According to Fedeler, Neo's work has been featured at the Art House Gallery in Decorah and a student gallery in the Waterloo Center for the Arts.

"Angeline has learned a lot about using color," Fedeler said. "I would like to think that she'd continue painting and I hope she keeps having her work exhibited."

Bandersnatch: the illusion of choices and reality

RYLEY SEYMOUR
STAFF WRITER
ryley.seymour@wartburg.edu

In the final few days of 2018, Netflix, without a warning, released the latest installment of the Black Mirror franchise. People have been waiting all year for a new season of the show but were surprised to see an interactive film instead.

"Black Mirror: Bandersnatch" is about a young programmer name Stefan Butler (Fionn Whitehead) as he creates a choose-your-own-adventure game based on his favorite book. In the movie, viewers get to control the main character's actions by choosing options that appear on the screen.

The first few introductory choices are very simple and help viewers get used to the mechanics of the movie. Eventually, the choices start to have a bigger impact on the storyline and the audience only has ten seconds to decide what should happen next.

According to the creator of the show, there are five main endings but there are over a million unique story permutations.

In Netflix's "Blacker Mirror: Bandersnatch" the line between movie and video game is crossed. This is the second interactive film on Netflix, the first being the children's show "Puss in Book: Trapped in an Epic Tale."
- Photo courtesy of Netflix

What is interesting about his film is the idea of getting to choose a character's path. However, it is all just an illusion.

Even though this is a choose-your-own-adventure movie, the path the writers have written has already been predetermined for the viewer. This creates the illusion of free will.

Throughout the film, the main character alludes to the illusion of choice over and over again. In some cases, there isn't really a choice. In one instance, if a certain path is chosen, viewers have to restart the entire story. There is even a case where there is only one option to pick.

The writers of the movie have planned everything out. Quoting a line from one of the characters, "you are not in control."

As the audience progresses throughout the story, they begin to make choices that rely on viewer's own morals. There is a feeling of wanting the main character to have a positive outcome but with the fashion of Black Mirror, there are only negative outcomes. As much as viewers want there to be a happy ending, the writers have stripped the audience of that right.

Overall, the movie is very entertaining and brings something fresh to Netflix. It is clever, creative and innovative for the online streaming entity. Even though the beginning does start slow, it can pick up no matter which path is chosen.

However, if viewers choose to restart, they do have to sit through all the boring and slow parts. It is worth the watch and if it is enjoyable, then try another path. Viewers never know what story can be uncovered.

For more reviews of Netflix and other movies, visit the Trumpet website at www.wartburgtrumpet.com.

Overcoming hate, achieving peace

SOPHIE KONGABLE
STAFF WRITER
sophie.kongable@wartburg.edu

Student committees to host a Martin Luther King (MLK) week from Monday, Jan. 21, to Friday, Jan. 25.. The theme is "Overcoming hate, achieving peace" and was kicked off with a "MLK Celebration" in the Hub on Monday. The week-long celebration is to honor the historical figure's mission to have peace for all.

"We live in an age of outrage right now, and it's very easy to be consumed by politics and everything happening in the news," Kaylee Michael, a second-year sociology major and MLK Committee chair. "I wanted to take this week as an opportunity for students to feel optimistic about our future. Because in reality the future depends on our generation. I just want this week to be focused on celebrating what we have achieved, and to realize that it takes time to make a change."

Through a positive and patient cultural outlook, MLK week also offers students the opportunity to branch out and get involved on campus.

Michael suggested that one of the highlights of the week will be the Peace Dialogue held Tuesday, 11:30 a.m. to 1 p.m., Jan. 22, in Buckmaster. The Dialogue is educational and is where students will self-evaluate."I think the most important thing about MLK was his mission. He had a lot of great characteristics but at the end of the day his mission and success was what made him who he is. He wanted nothing but peace. Peace for everyone, not just people of color; that is the mission I am incorporating into this week," said Michael.

To wrap up this event-filled week, "The Hate U Give," will be viewed at 7 p.m. in McCaskey Lyceum. The movie covers topics like white privilege, police brutality and more, according to Michael.

"We wanted to leave the audience with questions in hope that they venture out on their own and start to educate themselves," Michael said.

For more information or how to get involved, contact Kaylee Michael at Kaylee.Michael@wartburg.edu.

MLK Day is observed the third Monday of January and is meant to remind people of the actions and progress made by Martin Luther King Jr. On Monday students gathered in the chapel to kick off the week long celebration (left **Lexi Bodzioch**). Students will also be participating in service in the community throughout the week and other events which are listed in the graphic above. **-Anthony Quesada Sánchez** */TRUMPET*

Gym intimidation: the beastly barrier

SILVIA OAKLAND
A&E EDITOR
silvia.oakland@wartburg.edu

With the New Year comes time for people to make resolutions in attempt to have a healthier and happier lifestyle. Common resolutions include eating healthier, exercising more, drinking less and saving money according to a survey in 2017 conducted by Elliptical Reviews of 2,000 participants.

However, hurdles can make it difficult for students to stick to the new found resolutions such as time management, effort and confidence.

"I think students can try to bite off more than they can chew," Clay Cook, one of the head personal fitness trainers at The W, said. "They think 'oh i have to work out for an hour and a half' but you can get a great workout in by just going for 15 minutes with a walk or play racquetball, it doesn't have to be hitting weights for an hour."

According to an informal poll of 1,500 people conducted by the American Council on Exercise (ACE), 19 percent of gym goers do not feel fit enough to be at the gym and 21 percent feel clueless about what to do at the gym.

"Gym intimidation usually is when people see on either TV or online the advanced, more experience gym-goers," Cook said. "These guys are usually doing their own routine and it's pretty intense. So somebody who hasn't exercised in a while might see that and think 'I can't do that so I must not be able to exercise,' but that's simply not true."

Cook is not the only trainer that has seen the effects of gym intimidation on new gym members.

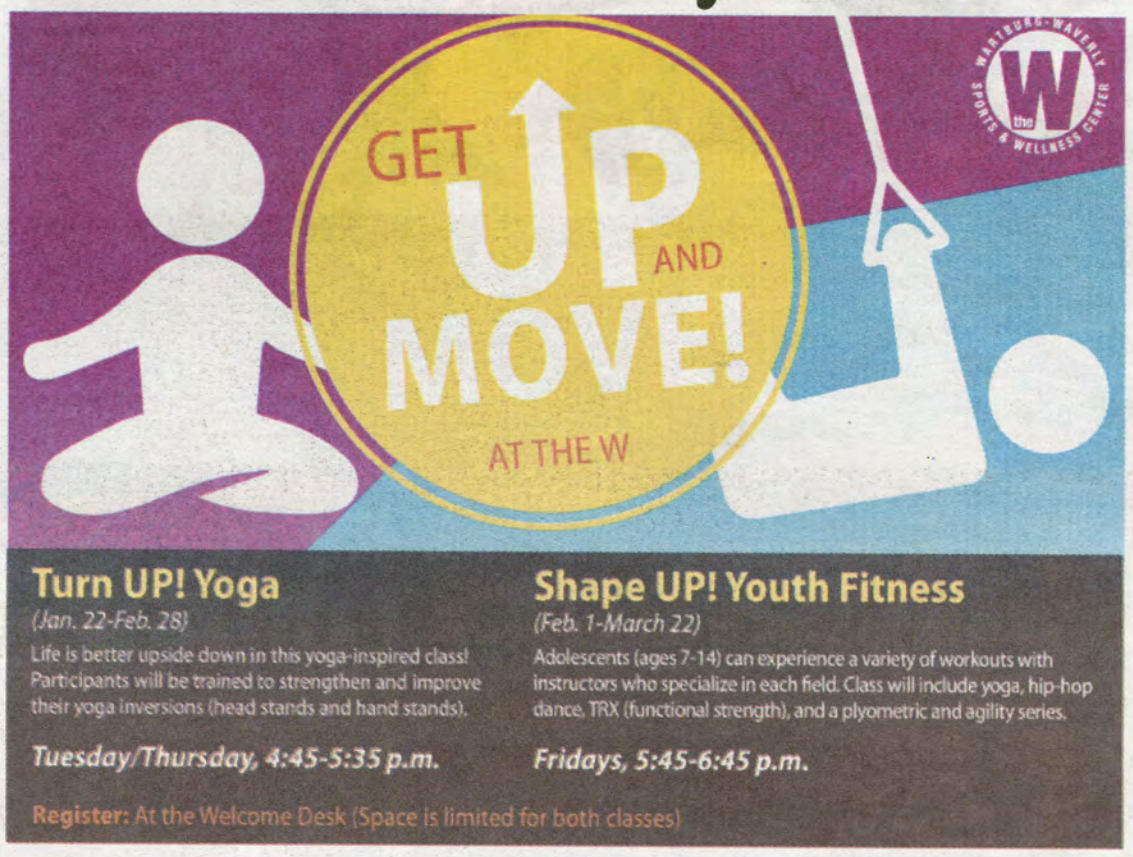
La Toshia Burrell, assistant director of group fitness and personal training, also noticed students and members of the community comparing themselves to others.

"That's always a struggle with everyone I think, we tend to compare ourselves to other people," Burrell said. "But at the W we welcome all people at their fitness levels, wherever they are at in their journey, and we're here to support them and encourage them."

While gym intimidation can be hard to overcome, Cook offers solutions to students that can help boost confidence and motivation to go to the gym.

Cook recommends students come at times when the gym is at its lowest in attendance, which ranges from 10 a.m. to 3 p.m. Other solutions include learning how to properly use equipment through guidance by staff members.

"We have fitness orientations, where you can set up a meeting with any of the trainers," Cook said. "Trainers can walk you through how to use every machine in here. You can also take a fitness assessment where they can teach you proper form and you can see what fitness level you're at."



Other than work out training, students can take fitness classes which are offered at a discounted rate.

One new class being offered at the W is the Freshman 15, a class taught by students majoring in fitness management during community time on Tuesdays and Thursdays.

All grade levels and experience levels are welcome. The W also features motivational posts on three social media pages to inspire and encourage gym-goers.

"The W and the W Functional Fitness page do a good job of highlighting certain people who might be struggling with normal stuff in the gym," Cook said. "And they're kicking it in gear and coming in here to work on that weakness."

For more information about the trainers at the W or the classes offered for students, visit www.wartburg.edu/the-w.

Track and field kicks off season

EMILY MCCALLA
STAFF WRITER
emily.mccalla@wartburg.edu

Both the Wartburg Men's and Women's Track and Field teams had a successful start to the season Saturday. The women's team with 227.5 points and the men's team with 172 points both won the Chelsey M. Henkenius Open. Both teams are returning this year with multiple All-Americans.

The women's team claimed first in the 60 meters with Alanna Muhamad '22 running 7.79 seconds. Belle Tyynismaa '20 won the 600 meters with a time of 1:38.62. All-American Carina Collet '21 won the 3000 meters with a time of 10:15.17. In the 60 meter hurdles, Maggi Bjustrom '20 ran a 9.25 to claim first.

In field events, Ellie Roquet '21 won first place by jumping a mark of 1.56 meters. Anna Rehberg '20 took first place in the shot put by throwing a mark of 12.97 meters.

On the men's side, Dallas Wright '21 got second in the 200 meters while running a 22.77. Wright also claimed second in the 60 meter hurdles finishing in 8.56 seconds. Alex Teig '20 claimed second in the 400 meters, running a 52.41. Casey Roberts '19 ran a time of 2:31.13 to win the 1,000 meter run. In the men's 3000, Sam Pinkowski '21 won with a time of 8:30.30. The men also won the 4x400 relay with a time of 3:24.97.

Wartburg will split up their teams next week with some runners competing at University of Northern Iowa this Friday and others competing at Minnesota State University Friday and Saturday.

TFFRS Standings

60m Dash
Alannah Muhammad: 5th
3000m Run
Carina Collet: 29th
Shot Put
Anna Rehberg: T-11th
Weight Throw
Anna Rehberg: 37th
3000m
Sam Pinkowski: 8th
Caleb Appleton: 20th
Joe Freiburger: 29th
Men's 4x400m relay
29th

(Above) Bri Dellamuth '20 and Marissa Nolan '20 ran the 800 meter run at the Chelsey M. Henkenius Open on Saturday. Dellmuth placed sixth overall with a time of 2:43.59 and Nolan placed seventh in 2:46.94. (Left) In his first collegiate track and field meet, Dalton Martin '22 placed second in the mile with a time of 4:25.57. Martin was also a member of the conference-winning cross country team last fall. **-Emily McCalla**/*TRUMPET*

Upcoming Meets

Friday, Jan. 25 @ UNI
Friday, Jan. 25 @ Minnesota State University- Mankato
Saturday, Jan. 26 @ Minnesota State University - Mankato

Girl's wrestling gaining momentum in Iowa

◂ Continued from p. 1

In an event covered by ESPN and ABC News, Herkelman became the first girl to win a match at the state level after her male opponent defaulted due to religious reasons in 2011. One year later, Black became the first girl to win a contested match at the tournament, winning her first round with a 10-0 major decision. Black was also the first female placewinner, earning seventh her junior season.

In 2018, South Winn senior Felicity Taylor became the first Iowa girl to reach 100 wins. While she didn't qualify for the state tournament, she followed Herkelman and Black to McKendree University in Illinois. Taylor is currently ranked first in the nation at 116 pounds.

> *"When they wrestled, the cameras followed them, and they should have. They were the pioneers early in our state. They were making history.*
>
> *- Jim Miller, emeritus head coach*

"When they wrestled, the cameras followed them, and they should have," Miller said. "They were the pioneers early in our state. They were making history."

With the success of these three women, Grand View University plans to take the next step in promoting women's wrestling. On Jan. 3, Athletic Director Troy Plummer announced that the NAIA-affiliate will add Women's Wrestling as a collegiate sport. Currently, Waldorf University is the only school in Iowa to offer Women's Wrestling.

"We will be determining the appropriate start date by the end of January," Plummer said, "but women will be competing in the sport of wrestling at Grand View in the fall of 2019 or 2020."

Earlier in the month, top-ranked Grand View won an eighth-straight NWCA Multi-Divisional National Duals. While in different divisions, the Wartburg Knights have proven to be a force to be reckoned with, winning nine of the last 11 NCAA Championships. Due to Wartburg's wrestling dominance, is the addition of women's wrestling in the stars for the Knights? Miller believes it's an option.

"It's been kicked around, and I like the idea," Miller said. "I don't know if there's been conversations lately, but I think it's a valid conversation."

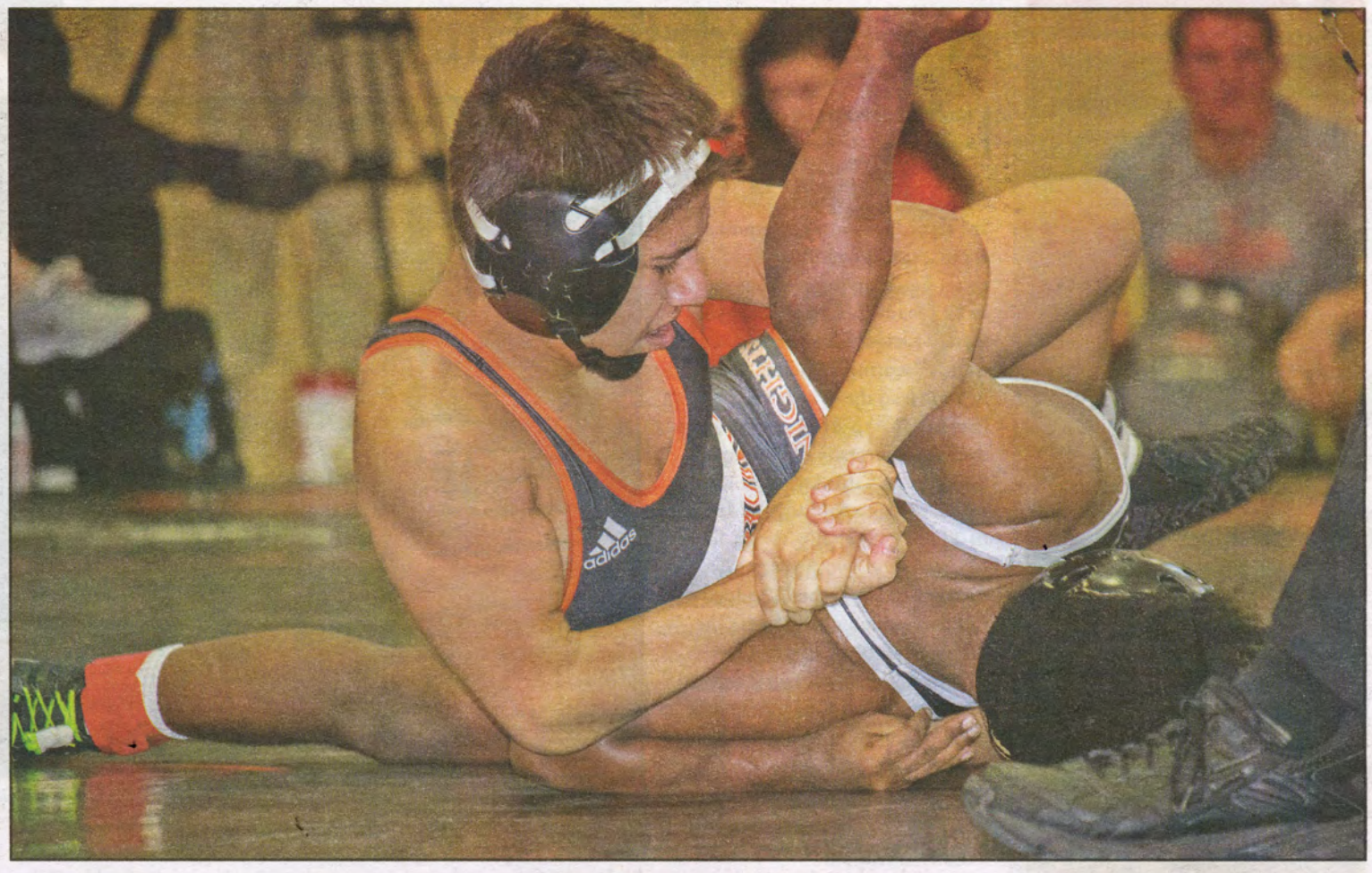
Wartburg sweeps ARC duals

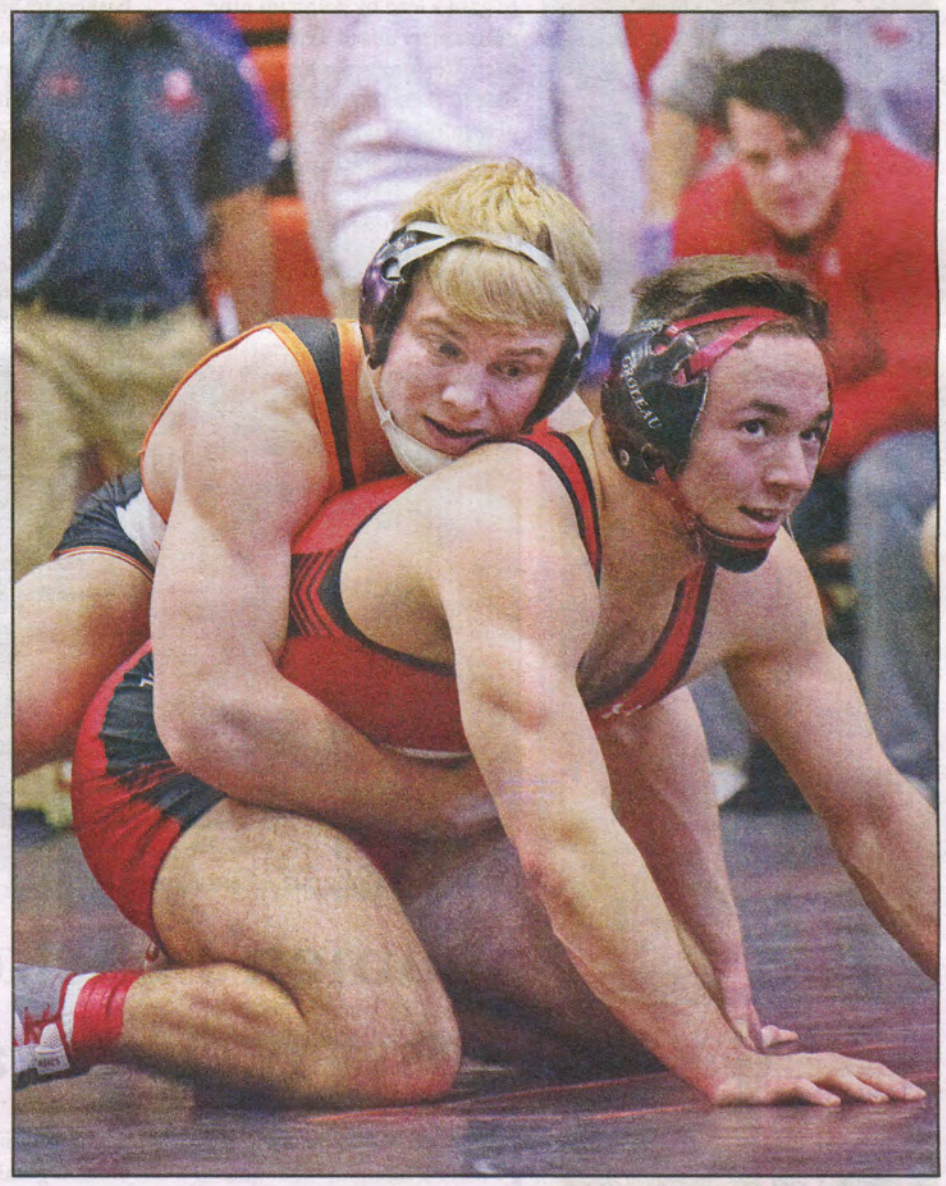
Results

Wartburg vs. University of Dubuque, 43--1
125: Noah Padilla def. Yonas Harris, 12-5 decision
133: Brennen Doebel def. Richard Diaz, 2:06 fall
141: Kris Rumph def. Jevontae Yarbrough, 9-6 decision
149: Max Forsyth def. Greg Krulas, 5-3 decision
157: #1 Cross Cannone def. Michael Mutton, 19-4 tech fall
165: #5 Michael Ross def. Zarik Anderson, 13-0 major decision
174: #4 Kyle Briggs def. Mikey Koch, 3:17 fall
184: Isaiah Cox def. Delmonte Davis, 13-1 major decision
197: #10 Kobe Woods def. Ethan Cain, 4:15 fall
285: Bowen Wileman def. Robert Melise, 4-2 decision

Wartburg vs. Buena Vista, 44-3
125: #6 Brady Kyner def. Dylan Fisher, 17-2 tech fall
133: Tyler Fleetwood def. Nate Vento, 17-0 tech fall
141: Brady Fritz def. Collin Stilson, 42 sec. fall
149: Zayren Terukina def. Jacob Hanssen, 1:54 fall
157: Shea Hartzler won by forfeit
165: #1 Cross Cannone def. #10 Brad Kerkhoff, 12-0 major decision
174: Trevor McLaughlin def. Shane Vaughan, 11-4 major decision
184: Isaiah Cox def. Dylan Huntoon, 9-3 decision
197: Brock Meyer lost to Kevin Pape, 5-2 decision
285: Omar Begic def. Don Phillips II, 3:38 fall

Wartburg vs. Central, 31-9
125: #6 Brady Kyner def. Cam Timok, 12-6 decision
133: #1 Brock Rathbun def. Chase Petty, 15-11 decision
141: Brady Fritz def. Daniel Radcliffe, 16-6 major decision
149: Zayren Terukina lost to Robert Areyano, 4:04 fall
157: #1 Cross Cannone def. Colin Groleau, 21-6 tech fall
165: #5 Michael Ross def. Jackson Gissell, 15-0 tech fall
174: #4 Kyle Briggs def. Nathan Fritz, 12-1 major decision
184: Isaiah Cox lost to Griffin McBride, 4-3 decision
197: #10 Kobe Woods def. #8 Gavin Babcock, 12-8 decision
285: Bowen Wileman def. Chris Murino, 8-0 decision





(Above) Noah Padilla '20 wrestled his first varsity match in the ARC duals. (Right) Top-ranked Cross Cannone '19 became Wartburg's career leader in tech falls. (Below left) Fifth-ranked Mike Ross won both his matches on Saturday. (Below right) Wartburg defeated the #12 Central Dutch 31-9. –**Sophie Kongable**/*TRUMPET*

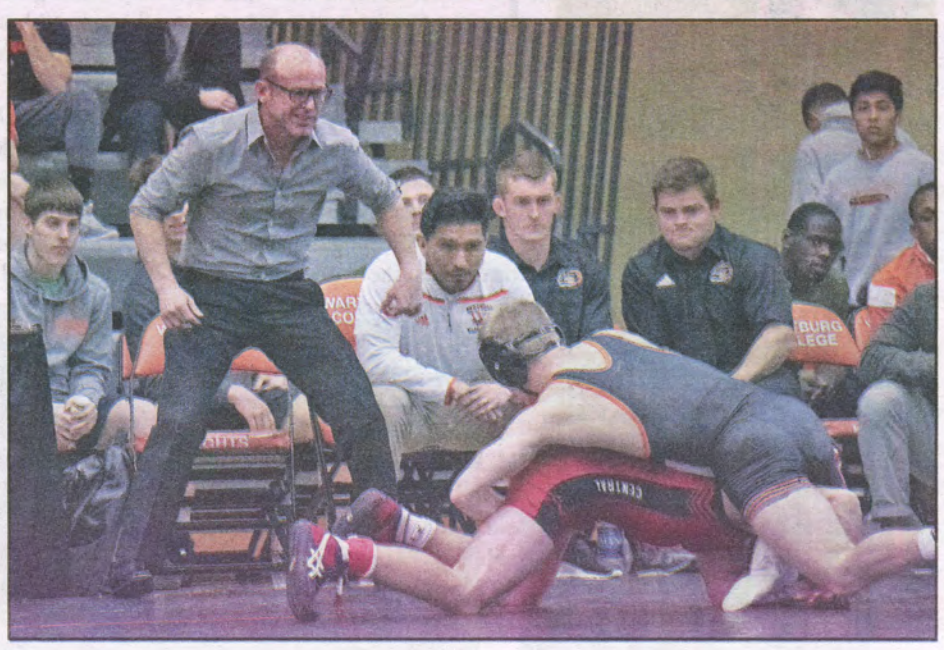
> *"These guys understand that everybody is important, no matter if you're a freshman, no matter if you're a guy who's won a couple of national championships and everyone in between.*
>
> *- Eric Keller, head coach*

- Cannone becomes Wartburg's outright career leader in tech falls with 32. He surpasses recent Wartburg alumn Kyle Fank '18.

- Wartburg has now won 211 consecutive conference duals.

- Wartburg has won the last 36 straight home duals. This dates back to the 2010-2011 season.

- The University of Dubuque match was the first shutout of the 2018-2019 season for the Knights.



Upcoming Sports Schedule

Jan 23

- Women's Basketball vs. Loras 6 p.m.
- Men's Basketball vs. Loras 8 p.m.

Jan 25

- Wrestling vs. Coe, 7 p.m.
- Men's Track & Field @ Minnesota State University
- Women's Track & Field @ Minnesota State University
- Men's Track & Field @ UNI
- Women's Track & Field @ UNI

Jan 26

- Men's Track & Field @ Minnesota State University
- Women's Track & Field @ Minnesota State University
- Women's Basketball vs. Central 2 p.m.
- Men's Basketball vs. Central 4 p.m.

Jan 30

- Women's Basketball @ Simpson 6 p.m.
- Men's Basketball @ Simpson 8 p.m.

Jan 31

- Wrestling @ Augsburg, 7 p.m. @ Minneapolis

Trumpet Athletes of the Week

Cam Kickbush
Became the school record holder in career three-pointers, aiding Men's Basketball to a 82-65 victory.

Adrienne Boettger
Scored 37 points over the week's two games, including 19 against the UD Spartans.

Cross Cannone
Became the school's career leader in technical falls after going 3-0 at the ARC Duals on Saturday.

Kickbush breaks record

Knights defeat University of Dubuque, 82-65

WARTBURG SPORTS INFORMATION
brandon.lindholm@wartburg.edu

Cam Kickbush '19 increased his career three point total to 225 after making five three-pointers against the University of Dubuque on Saturday. –**Paul Benson**/*TRUMPET*

Guard Cam Kickbush'19 broke the record for most three-pointers in a career by hitting five treys, breaking the previous mark of 223 made three-pointers by former Knight Pat Morrison, en route to scoring 27 points and helping lead the Wartburg College Knights to an 82-65 victory over the University of Dubuque Spartans on Saturday night.

Guard Jaran Sabus '19 added in 27 points with five assists, four rebounds and two steals, while forward Aidan Weber'22 added in a career-high nine points. The Orange and Black improve to 11-6 overall, including 5-3 in the American Rivers Conference and moving into third place in the conference standings.

The Knights and Spartans kept the game close for much of the first half, before Wartburg began to gain a lead by going up nine points after guard Tyler Zumbach '20 connected on a jump shot in the paint with 6:40 left to play in the first half. The Knights continued to fend off the Spartans' attempts to trim the lead by heading into the half up seven at 43-36.

Wartburg jumped out to a quick 13 point lead after two baskets by Sabus and one by Weber to lead 49-36 with 17:01 to play. An ensuing 11-4 run by Dubuque trimmed the lead to six with 14:09 to go. A near three-minute offensive drought kept the score close, but three straight three-pointers by Kickbush put the Knights up again by double-digits with 8:17 left in regulation.

The Orange and Black maintained their double-digit lead throughout the rest of the contest as they closed out the game as victors, 82-65.

Sabus moved into seventh place in program history for career scored points, bringing his career total to 1,419 points. He trails sixth overall by 27 points, fifth overall by 31 points and fourth overall by 78 points.

Wartburg led the Spartans in all shooting statistical categories, rebounds, assists and steals. Wartburg scored more points in the paint than the Spartans, off of turnovers and off of second chance baskets.

The Orange and Black will return to action on Wednesday, Jan. 23, when they face Loras at home at 8 p.m.

Adrienne Boettger '19 scored 19 points in the victory over the University of Dubuque. –**Paul Benson**/*TRUMPET*

Women's basketball posts record game

GRANT BEHRENDS
GUEST WRITER
grant.behrends@wartburg.edu

The Wartburg women's basketball team faced off against the University of Dubuque Saturday in a record setting game. The Knights entered the game hot after two wins on the road. Wartburg shared the ball throughout the entire game, allowing four Knights to score in double figures. Adrienne Boettger '19 led the team with 19 points, Amanda Brainerd and Katie Lindemen '20 scored 12 points each and Tori Hazard '21 scored 10 points.

The Knights started hot right out of the gate with six unanswered points in the first three minutes. UD would rally to make the score 11-10 with a little more than 4 minutes left in the first quarter. Wartburg finished the quarter strong with a 9-2 run to make the score 26-15 at the end of the first.

The rest of the game was dominated by the Knights' three-point shooting with a season high 18 three-point field goals out of 43 attempted. Wartburg managed this by passing the ball, setting a new school record with 31 assists. The Knights never let up and scored a total of 104 points, marking the seventh 100-point game in school history.

The Knights' 104-64 victory over Dubuque moves Wartburg to a record of 14-3 with a conference record of 7-1. The Wartburg women's basketball will play again on Wednesday, January 23 at home against Loras College at 6 p.m.

Bowlers complete inaugeral season

ANNIKA WALL
SPORTS EDITOR
annika.wall@wartburg.edu

The Wartburg bowling team concluded its inaugural season at the Kegel/ISBPA Midwest Collegiate Classic, held in Addison, Illinois.

The men's team placed 68 with a pinfall of 6,831, while the women placed 58th with a score of 5,703.

"Once we started gaining experience and having more confidence in ourselves, we hit our stride," Andy Johll '22 said. "I think anybody can beat anybody if you believe and surround yourself with people who are passionate about winning."

The men were led by Patrick Connolly '22, who placed 188th individually with a total pinfall of 864. Erin Wood led the women with a 45th place finish and score of 939.

The team focused on improvement this season. Head Coach Joe Squires noted that as Wartburg has "made a name for itself" in a multitude of other sports, the ultimate goal is to establish Wartburg as a bowling prowess. According to Squires, each bowler increased their average by over five pins during the season.

"While that may seem small, your scores have to improve dramatically to increase your average that many pins," Squires said. "We are working hard to build stamina and bowling longevity that will compete with the best schools in the nation."

The Knights began the season at the Five Seasons Classic, where the men placed seventh out of eight teams and the women finished in eighth. After two more tournaments, Johll felt the team fall into rhythm.

However, as 2018 was the first year for the team, many challenges arose. One was the lack of experience the team had. The men's team boasted eight freshmen and two juniors, while the women's roster consisted of seven freshmen and one sophomore.

With the transition from high school to collegiate bowling, team chemistry became a vital part of creating a positive culture.

"I love spending time with my teammates and creating bonds and friendships," Johll said. "We always have fun together, whether that is at practice, tournaments or the hotels. We are always laughing."

The bowlers will take to the lanes again next season and will not lose any members of this year's team to graduation.